

VAGINAL HIFU AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for vaginal HIFU treatment.

Aftercare Instructions

- ☐ Try not to engage in heavy labour work or strenuous exercise or activities that may strain your pelvis or affect the vaginal area, such as running, jumping or horseback riding. Try to rest as much as possible for the first 72 hours.
- ☐ While you can resume your daily activities immediately after the treatment, you should refrain from engaging in sexual intercourse for 48 hours after treatment.
- ☐ Avoid any hot tubs, saunas or swimming pools for 72 hours after treatment.
- ☐ Avoid excess caffeine and alcohol for 48 hours after treatment.
- ☐ Your practitioner will inform you when your next treatment is due. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.
- ☐ If you experience any discomfort after treatment, you can take a simple over the counter pain killer such as paracetamol.
- ☐ Wash the vagina gently with warm water, unscented soaps can be used in the external area, such as around the vulva.
- ☐ Drink plenty of water to keep hydrated after treatment.
- ☐ Contact your practitioner as soon as possible if you notice any unwanted side effects.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

- ☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.